

A MUSCULAR STUDENT.

Ned Godfrey Said to be the Strongest Amateur in America.

Bowdoin Beats Out Yale and Harvard's Men on Points.

The Athletic Record of the New England Samson.

His Training Still Continues, With Great Promises for the Future.

To be the strongest man in the United States, according to actual and accurate strength tests, is something of which a man may well be proud, says a correspondent. Such a position Edward R. Godfrey, a junior at Bowdoin College, Brunswick, Me., holds, he having defeated a former holder of this championship by a full 56.1 points. Born at Bangor, Me., Dec. 27, 1877, of a family of giants, he is a giant himself. For generations his ancestors have weighed above the 200-lb. limit, and have stood over 6 feet, while Godfrey himself stands 6 feet 4 inches, and weighs 214 pounds.

What is the secret of his enormous physical strength? Simply this; persistent and systematic exercise during that period of his life when he was growing rapidly. His brother, Henry L. Godfrey, Bowdoin '91, himself with a strength of 1,056, was the strongest man at Bow-

doyn during his course, and was determined to have his younger brother an athlete also. Beginning at the age of 8, young Godfrey began his systematic exercise for 20 minutes, morning and evening, with a pair of three-pound dumbbells. For seven years he continued this, missing it less than a dozen times. Moreover, he took long walks of from 20 to 30 miles each week, and when the seasons were suited swam regularly over a course two miles in length. In this way he laid the foundation for his remarkable physique, and at the age of 15 weighed 200 pounds and stood a full 6 feet 4 inches in his stocking feet.

When a youth of 10 wears number 13 shoes, and number 10 gloves, his hands stretching two octaves lacking but two notes, for Mr. Godfrey is an accomplished musician, one would expect an ungainly, awkward man. With him, however, this is anything but the case, for he is much more graceful than one-half the men of the college who are of normal size. As a dancer he is a success, the only difficulty being that partners are apt to be a bit short to make dancing comfortable for him. Nevertheless, he is prominent in college and Bangor society.

His strength tests, however, are of the greatest importance because he here has broken all previous records by a large margin. When he first entered college he climbed from 1121, to 13217, 1340, 1566, college record held by his brother of 1056. These figures denote the total lifts and pulls of different muscles of the body in kilograms. From that time until his last test he has steadily improved, climbing from 1121, to 1317, 1340, 1566, and finally to 1716.1, his present, and the world's record.

The method by which he has been tested is the standard method originated by Dr. Sargent, of Harvard, and in fact the only method in existence. A comparison of the records of the strong men of the country shows that Clarke, of Bowdoin, 1520; Cline and Lovering, of Harvard, with 1521 and 1660, respectively, are the three leaders. Cline, at the time of his test, was 25 years of age, and made his record at once, while Lovering, the former champion, worked from 1570 to his record of 1660. Chadwick and Verrill, of Yale, Lane of Amherst, and Nash, of Tufts, have all taken the tests and made high scores, but Dr. Sargent refuses to allow their tests because they were not properly conducted, the time limit being disregarded, a most important item. Thus Godfrey, at the age of 19, has been able to distance all competitors.

His strength record has not been finished. The same determination that carried him through seven long years of training at a period of life when most boys are flying from one amusement to another, at an age when steadfastness of purpose and pure grit are unexpected, this determination will again break his own record and place it at a point where it will remain unharmed for many years.

Godfrey is a perfect type of man. His large size is so evenly balanced by his well-developed muscles that he appears but little larger than a good-sized man. His physical development as a freshman, though not his strength, was greater than at present. To show how he has gained in strength a few figures will be given:

	1895.	1897.
Capacity of lungs.....	360	400
Strength of back.....	240	342
Strength of legs.....	340	717
Strength upper arm.....	403	476
Strength fore-arm.....	110	163

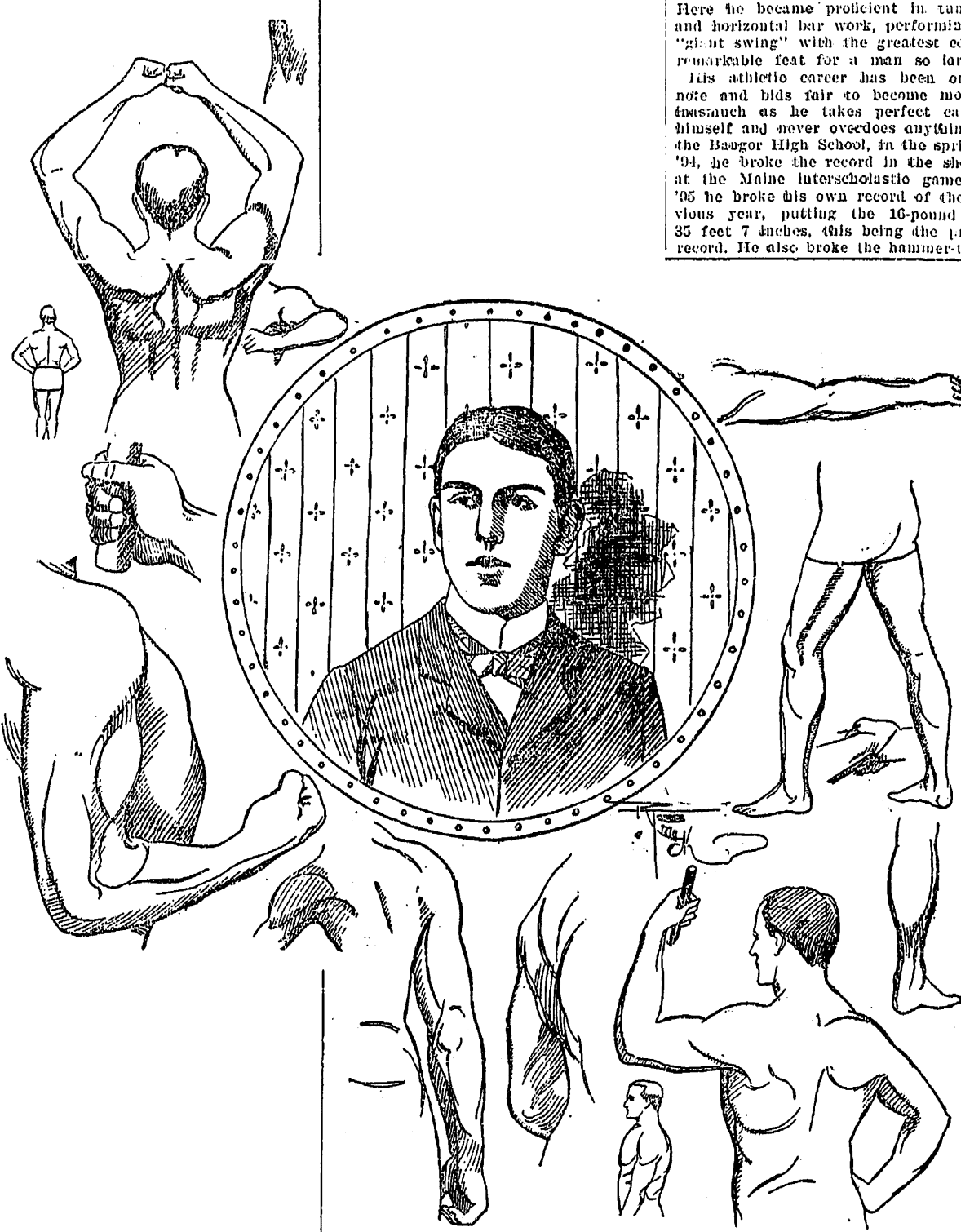
It is unnecessary to say that when a freshman he was undisturbed by the puny sophomores, and many a time were his less gigantic classmates protected by him from harm. Godfrey is a member of the Delta Kappa Epsilon Fraternity. He is abstemious, neither smoking nor drinking, tea and coffee even being debarred. After graduation from Bowdoin he expects to study law at Harvard, for as a student he is very successful.

Persistence is the chief characteristic of this young man, and it is well shown in his seven years of training. He never was allowed to overwork, and, therefore, always preserved his health perfectly. At the age of 15 he joined the Y. M. C. A. of his native city and commenced regular work in its gymnasium, which he continued until his college course began. Here he became proficient in tumbling and horizontal bar work, performing the "giant swing" with the greatest ease, a remarkable feat for a man so large.

His athletic career has been one of note and bids fair to become more so inasmuch as he takes perfect care of himself and never overdoes anything. At the Bangor High School, in the spring of '94, he broke the record in the shot-put at the Maine interscholastic games; in '95 he broke his own record of the previous year, putting the 16-pound shot 35 feet 7 inches, this being the present record. He also broke the hammer-throw

ing record with 101 feet 8 inches, and the standing high-jump with 4 feet 7 1-2 inches. He played right guard upon the Bangor High School team and was a player of great promise, but owing to family interference his career as a footballist was terminated suddenly.

His athletic career at college is of especial interest. At the college indoor meet as a freshman he took first place in the shot-put, also at the spring college meet, with 38 feet 6 inches. The same spring, at the meet of the Maine intercollegiate Association, he won first place in this event, and established a record of 37 feet 3 inches, yet unbroken, and he also won a place in the hammer-throw. The surprise of the season, how-



BOWDOIN'S STRONG MAN, EDWARD R. GODFREY.